



4. Schlaubetal-Marathon
Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Müller, Ralf

Club: BSG Pneumant Fürstenwalde
Number: 360

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M45

Total time: 1:48:58

Speed: 11.56 km/h
Running performance: 5:10 min/km

Rank in course/Total: 36 (of 127)

Rank in course/Men: 34 (of 101)

Best time in course: 1:22:06

Rank in category: 7(of 25)

Best time in the category: 1:26:24

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	10.60	55:56	5:16	11	12:38	42	13:46	10.60	55:56	5:16	15	0:51	81		
Last lap Finish	10.50	53:02	5:03	6	9:56	27	13:06	21.10	1:48:58	5:09	7	22:34	34	26:52	